



GASTON ALIVE

MAGAZINE

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p6

Warm & Filling Tortilla Soup
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FROM THE PUBLISHER

It's finally fall, and the temperatures are starting to bear that out. Fall is always an exciting time here in North Carolina, especially when we have cooler weather instead of an Indian Summer to enjoy.

Fall means the Cleveland County Fair, football games, Friday nights under the lights, cheerleaders, warm clothes, holidays, and lots of good, hearty food! (See Glenn's recipe page 10) We are fortunate here in North Carolina to enjoy all four seasons, and I don't even mind cleaning up the leaves that will soon cover much of my yard.

Here's hoping you have a warm, safe, and fun fall! As always, support those local merchants that give Gaston County so much character.

Peace,

David

featured this month

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on the cover



This month's cover was shot on location at Lineberger's Maple Springs Farm at 906 Dallas Stanley Highway in Dallas. Thanks to Frankie Lineberger for production assistance. Photo by Rick Haithcox, graphic design by David James.

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LOCAL FOOD BANK FEEDS THE COMMUNITY WITH BREAD



BY BEN DUNGAN

BLESSINGS | RECEIVED | EACH | APPOINTED | DAY



Dorothy Lowery, President of BREAD

It's no secret we live in a broken world. Bad things can happen. And they can happen to good people. It's just the way it is.

There are some things we can control. But that's not always the case. Especially when dealing with the threat of natural disasters.

Last month felt like one disaster after another. Hurricanes formed and

hurricanes made landfall in a number of places domestically and internationally. No one was immune from its devastation. And then there was the massive 7.1 magnitude earthquake that hit central Mexico which left over 300 dead.

It's events like this that do pull people together. When large amounts of people are suffering at one time, the demand for aid is everywhere you look. It's front page news everywhere you turn. It's the lead story on the evening news. When many people hurt, people are compelled to give. And thankfully people do.

But what about back home. What about our neighbors? Who looks out for the ones suffering that don't make headlines? Who looks out for the guy who lost his job and can't feed his family? Who looks out for the mother who can't work due to a disability? Who looks out for neglected kids when their parents fail to meet their needs?

Dorothy Lowery does. She's been doing it since 1993. And even more so when she accepted the role of President of BREAD (Blessings Received Each Appointed Day), Inc - a Christian-based food bank in downtown Gastonia that provides food and groceries to those in the Gaston County area that need it most.

Dorothy hasn't always worked in town for the food bank. But she has always had a heart for giving. She spent many

years working overseas conducting mission work in far off places like China and the Middle East. Until one day. She ran into a neighbor





who had recently become unemployed and couldn't feed his family.

She asked herself, "Why should I go overseas when

my neighbor is starving?" From that point, she made a conscious choice to focus her efforts on helping people locally.

Jesus commanded us to love our neighbor, as we do ourselves. If that's true, then you must take that first step. In order to love your neighbor, you must know your neighbor.

Dorothy knows her neighbors. And so does her hard-working staff. Collectively, they provide food to those in need over 10,000 times a year. And the amazing thing about it all - no one gets paid. Not even Dorothy.

BREAD, Inc doesn't receive any government funding at all. And while it is a Christian-based ministry, it is not affiliated with any church in town. It's strictly run on generous contributions from the community - whether that be in

the form of nonperishable food items or monetary donations.

Running an organization like this might sound stressful to the average person. And it probably is. But this is Dorothy Lowery we're talking about.

Approximately 15 years ago, Dorothy was diagnosed with congestive heart failure. Her doctor gave her 3 - 6 months to live. I guess you can say she had other plans.

Instead of slowing down and taking it easy, she continued doing what she's



always done. And she still does it to this day.

Because today at 90 years old, she's still rocking on. She just knows the Lord will provide what they need.

Every Tuesday and Thursday, individuals and families line up in Downtown Gastonia to receive food, drinks and snacks at the food bank. The demand never goes away. The supply does. But then, it somehow gets filled up again.

With many disposable dollars diverted to other causes, not to mention the holidays right around the corner, the demand for assistance will only increase. The biggest needs right now are canned food items and monetary gifts to purchase meats such as hams and turkeys for the Thanksgiving and Christmas dinners they plan to distribute.

But Dorothy doesn't get stressed out. She doesn't get worried. She knows God will provide what they need.

"We start praying, and the Lord brings it", she says with confidence.

That's faith. That's also Dorothy - still working the mission field as she always has. Just this time, it's in her backyard.



For more information on BREAD, Inc. or to make a tax-deductible donation, visit them online at www.breadfoodbank.com or call 704-854-9221. They are located at 161-B W. Franklin Blvd. in Gastonia.

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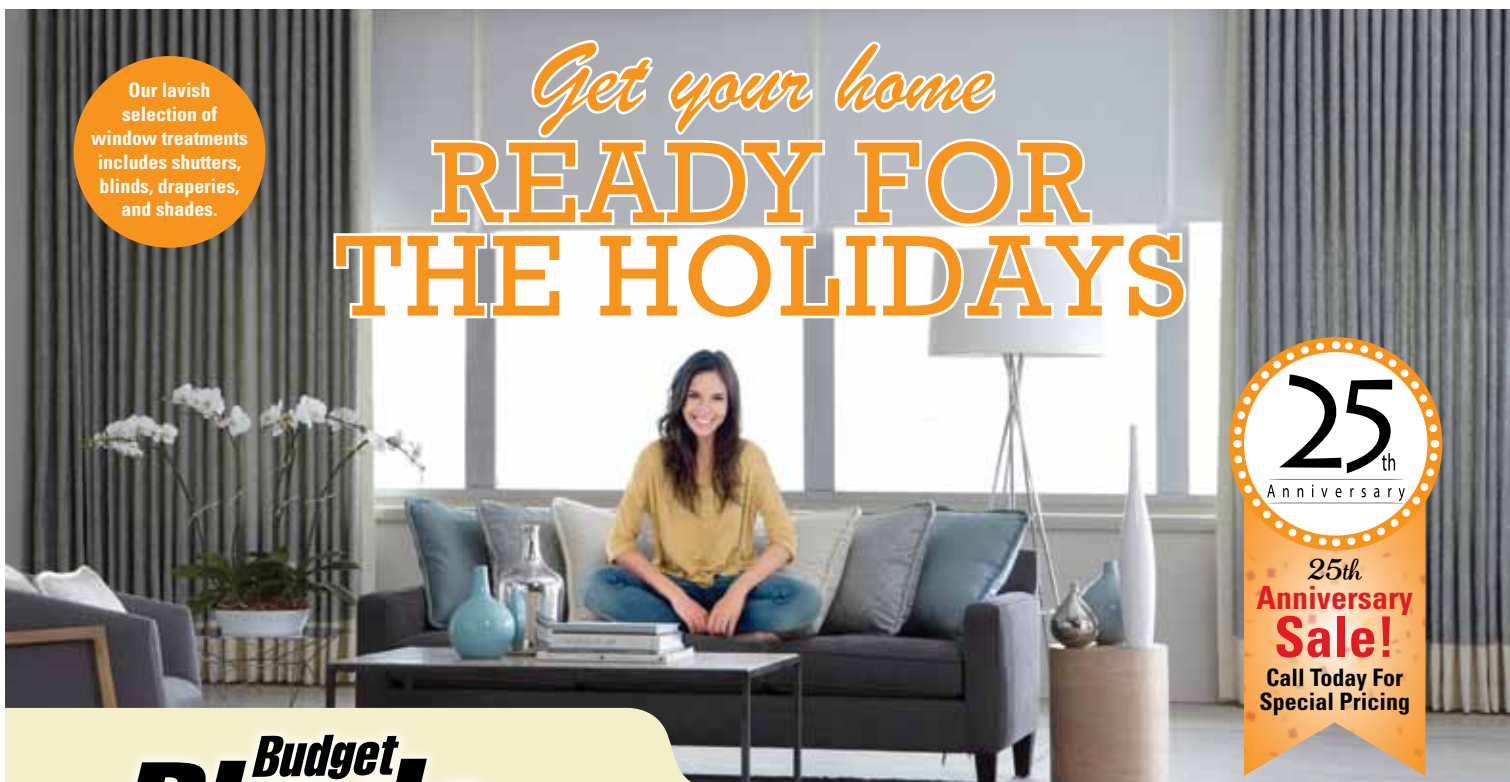
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COOKING WITH



GLENN

TORTILLA SOUP

I was on the Blue Ridge Parkway the other day just to soak in the change in season. As we drove from Blowing Rock to Asheville the beginnings of Mother Nature's artistry were appearing across the canvas of the mountains and vistas. As we drove on in the cusp of the evening we were fortunate enough to have a black bear and her cub, as well as proud stag and doe cross the road in front of us. Growing up out West I had seen many bears in Yellowstone and Teton Parks, but this was my first sighting here in North Carolina. As my mother would say, "What a Treat."

I love fall, maybe it's because I'm a Fall in coloring, but I believe it's because we get to break out the comfort food. Soups, hearty pasta, roasts, root vegetables. Yes I'm sorry to see the beautiful fresh summer produce go, but I'm ready for the nip in the air, the turn of the leaves and the comfort of warming food.

We are blessed to live in a state where we have the beach and the mountains in easy access. We get to enjoy four full seasons and have the full splendor of nature all in easy reach.

This month's recipe isn't about mountains or even the outdoors, but enjoying a bowl during this fall season is sure to bring a smile to your face.

INGREDIENTS:

- Garlic - 4-5 cloves
- Onion - half to 3/4
- Tomatoes - 3-4 ripe
- Chicken - 1/2
- Chicken Stock 6-8 cups
- Cilantro 2-3 leaves (or Epazote)
- Tortillas 2-3 corn
- Chile Pasillas - Dry chopped into small pieces
- Avocado - Diced half inch cubes
- Queso Fresco or Blanco - Diced half inch cubes
- Crème Fraîche or sour cream
- Limes - Halved

Method:

Cook the chicken in a pot with other aromatics to make stock which you can then use in the soup or you can grill the chicken and cube the meat into the soup to add heartiness. If you don't have any chicken and just have the stock it's fine and actually more traditional because in the kitchens south of the border the chicken meat would go into other dishes while the stock would be used alone for the soup.

Roast the Garlic, Onion and Tomatoes in the oven or in a cast iron skillet. The goal is to add some char to the Garlic and Onion and blister the skin on the tomato. It does add some time to the dish but it will fill your house with a wonderful aroma and adds a smoky depth to the soup. Peel and seed the tomato, then blend all three with a bit of the stock to puree. Heat a tablespoon of oil in a large sauce pan and pour in the blended garlic/onion/tomato cook this for about 5 min or until the color changes from bright red to a brick color. Add the rest of the stock, the cilantro, the diced dried chilies, cubed chicken if using add salt and pepper to taste. The quantities of these should be adjusted to your liking some folks love cilantro for me a little goes a long way, I like heat so the peppers add a nice warming spice to the soup.

While the soup is coming to heat, about 15 minutes, warm oil and fry the tortilla strips. Or if you don't want the hassle of frying your own use heavier commercial as the light chips go soft very quickly in the soup.

To serve put some chips in the serving bowl, add the soup, top with some avocado and cheese with a dollop of the crème fraîche on top. This is Mexico in a bowl simple with layers of flavor and texture.

Till next time, Make it Your Own.
Glenn



EPAZOTE



This is an herb native to Mexico, it's also known as 'Wormseed'. It is hard to find here in North Carolina but if you happen to get it fresh it adds an un-mistakable flavor to black beans and other dishes. Some describe it as a strong Tarragon or Fennel, others describe the fragrance as creosote or turpentine.

I understand it can be grown from seeds here but it really doesn't fare well through our cold season.

If you can find dried epazote you may have to be heavier handed as dried it loses much of its intensity and depth. Utilizing other traditional spices of Mexico to replace it can be heavy and make dishes all taste the same.

Follow me on Facebook to continue the culinary adventure.



facebook.com/glenn.sawyer.988

BOURBON

REAL, RARE, &
COUNTERFEIT

By Matthew W. Mugavero



Picture this. In 2009, my very best friend was about to celebrate a monumental milestone in his personal life, the kind of milestone that deserves a memorable and meaningful toast, paired with the very best of his favorite juice. His favorite drink was and still is bourbon. So it is to be my highest honor and responsibility to source this special drink as well as present it (to each of us).

I made my way over to the local liquor store, not knowing all that much about this type of alcohol and I asked the clerk, "Do you have any special or top-shelf bourbon available worthy of a good man's celebration?" He responded, "Yes, as a matter of fact, we just received a couple of bottles this week of rare and very old bourbon from Kentucky. What is your budget?" I replied, "This is a very important celebration, so I don't mind spending a few bucks." The clerk hands me an old looking bottle with an even older looking man on the label smoking a cigar and he said, "This is 23-year-old bourbon and they don't get much better than this." I paid the \$175 asking price and went on my way. Perfect!

Fast-forward 8 years to present day. Another big moment in life comes along, but this time it's for me. I call my same best friend and say, "Hey buddy, how about we get together and celebrate me this time over that same awesome bottle of bourbon we had back in the day?" He agrees, but somehow, I end up getting stuck with the bill as I make my way back to that same liquor store expecting to find that same bottle. As a 'seasoned' bourbon shopper now, I make my way over to the special glass cabinet that contains all the good stuff and look for the old man on the bottle. However, this time I find nothing but empty shelves and dust where a handful of interesting bottles once stood in their glory. Of course, I ask the clerk for some help and if there was any way to order that 23-year-old bourbon I once had in 2009. He sort of chuckles and says, "No sir, we don't get to see too many of those anymore since they are allocated and there is an enormous demand and...blah...blah...blah....I tune him out at the word "no" and start thinking internet – it's as easy as click, click, enter and send, boom there it shall be, the perfect bottle delivered to my door by the UPS man.



Later in the day, I start searching the online retail sites and all I see is, 'out of stock', 'backordered', 'call for availability' and so on and so on. Now, totally determined and frankly a bit pissed, I press on. I change my searching strategy and start to hit the auction sites from the secondary market. In a matter of minutes, there he is, the old man on the bottle smoking his cigar from days long ago for a mere \$300. I am thinking that this is a completely acceptable asking price considering 8 years of inflation. I make the call, we make a deal and better yet, I get the bottle for \$285 cash. However, just before hanging up, the seller says with a tone that is a bit questioning, "You do know that this bottle is an empty, right?" "What do you mean, empty?" I said. The seller responds, "Empty, as in no alcohol in the bottle."

What on earth is going on, you ask? Either there is a massive underground market for custom made bourbon bottle lamps or something very strange has occurred in the liquor business. As it turns out, back in 2009 my good friend and I were sipping on the now extremely famed Pappy Van Winkle 23-year-old Bourbon from the equally acclaimed Buffalo Trace Distillery in Franklin Co. Kentucky. That same bottle today will retail for about \$500 that is of course if you can find one. Here is the amazing thing. If you are fortunate enough to purchase a Pappy 23, the very second you walk out the store that bottle is worth an astounding \$3000.00 or more to collectors on the 'Internet Corner Liquor Store'.



Truth be told, the above story of my friend and I is fictitious but it is all too real for most new bourbon buyers. There are multiple listings all over the internet of empty bottles and potential fakes. The fakes are outstanding and look just like the real deal. Your local store will never have fakes but the internet most likely will. So, out there, it's Bourbon Buyer Beware.

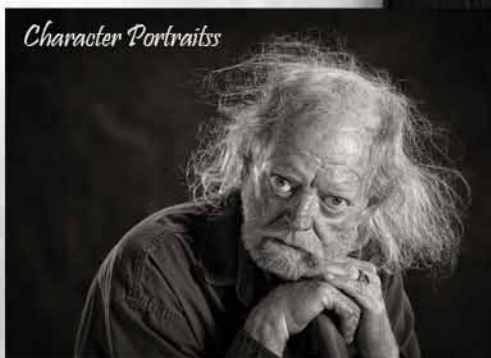


Not only is the Pappy 23 extremely valuable, so is the entire line of bourbons from the Buffalo Trace Distillery. It's a trickledown effect. If you can't find a 23 year, then you will want a 20 year. If you can't get a 20 year, then you will settle for the 15 year. If there is no 15 year out there, then you will just have to accept the 10 year. If there is no 10, then you will want the other flavors, such as Elmer T Lee, George T Staggs, Eagle Rare, Blantons and a few other notables. Check out the Buffalo Trace Official Website for all the information and would be trophies for your man cave. >>Article continued online at www.gastonalive.com

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